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NOBODY DOES IT LIKE WE DAY

Shawn Desman, platinum-selling JUNO artist and MMVA award winner, electrifies the crowd at We Day 2013, held at MTS Centre on Wednesday. In all, 16,000 young people from more than 380 different schools and community groups across Manitoba attended. Story, page 2. SHANE GIBSON/METRO

Court orders new trial in death of Winnipeg teen

'It's just tough.'
Candace Derksen's parents surprised by Appeal Court ruling

The Manitoba Court of Appeal on Wednesday ordered a new trial for a man convicted in the 1984 murder of a teenage girl.

The Appeal Court ruled that the trial judge was wrong to deny Mark Edward Grant's lawyer the right to present evidence that Candace Derksen might have been killed by someone else. Another girl had been abducted in a similar fashion nine months after Derksen's death when Grant was in custody.

"It seems to me that this evidence, which I view as very relevant, could provide the basis upon which a reasonable, properly instructed jury could acquit," Justice Michel Monnin wrote on behalf of the three-member Appeal Court panel.

"The exclusion of the evidence denied the accused the opportunity of placing before the jury the full answer he wanted to make."

Grant was convicted of second-degree murder and sentenced in 2011 to life with no parole eligibility for at least 25 years.

Derksen was 13 years old when she disappeared on her way home from school. Her body was found six weeks later, bound and frozen, in a storage shed.

Her parents, Wilma and Cliff Derksen, were surprised by the ruling.

"We're kind of shocked and in chaos," Wilma Derksen said outside her home.

"There's a kind of ... tragedy or comedy about it. It's just tough."

Cliff Derksen said the family felt certain that Grant was the killer.

"If there's any doubt, then it needs to be clarified, for sure. I guess we thought there wouldn't be doubt, but apparently there is."

The case against Grant hinged on DNA evidence from hair and fibre samples collected in the shed.

RCMP tested the twine used to bind Derksen in 2001, but results were inconclusive. A private lab, Molecular World in Thunder Bay, Ont., tested the twine and hair again in 2007. It was after that test that Grant was charged.

THE CANADIAN PRESS

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Martin Sheen inspired by passion of today's youth

We Day. Actor and activist speaks to crowd of 16,000 at annual gathering

SHANE GIBSON
shane.gibson@metronews.ca

At the age of 73, and after decades of activism, Martin Sheen has been arrested at various protests and demonstrations no less than 67 times.

So when the well-known actor and longtime activist says it's been decades since he's been as impressed by the momentum and passion of a generation as he is right now, it's a powerful statement.

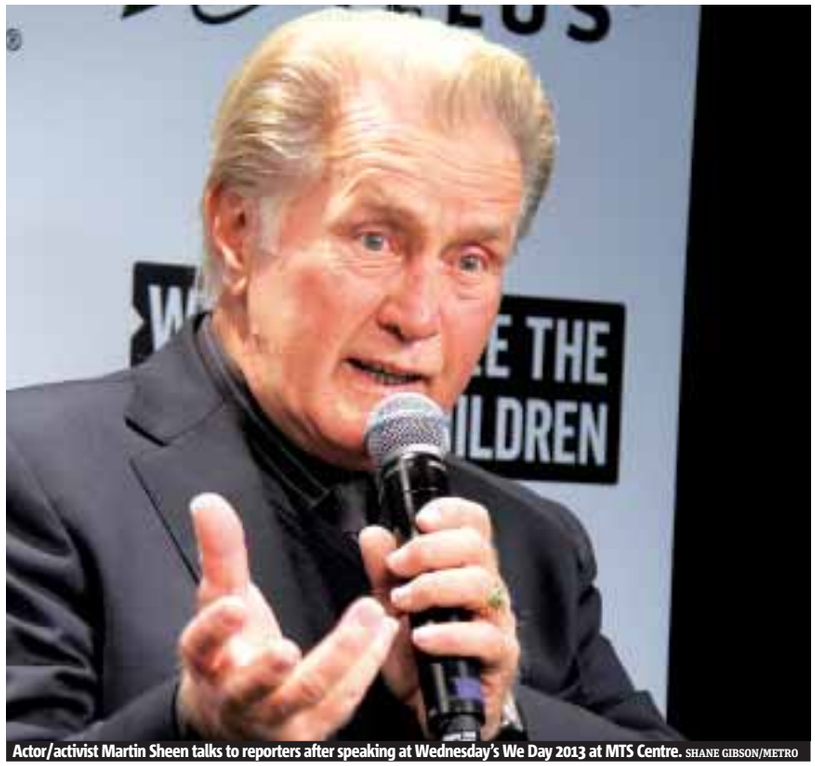
"It's the most encouraging thing that I've seen in the past 20 years," Sheen told Metro following his speech at Winnipeg's We Day on Wednesday, pointing specifically at the Occupy movement and the effect it had on last year's U.S. election. "Never before in a presidential campaign were they talking about the 99 per cent and the one per cent and everybody knew what they were talking about.

"It was part of the national debate and became part of an international debate."

Sheen rallied the 16,000 young people, educators and parents in attendance at this year's We Day during his address, encouraging each to find their own power before uniting to make change.

"If you've got a world-changing idea, you can't do it on your own — you need a community," he said afterwards. "I hope I might inspire them to stick around, because good things can happen when a group like this gets together for good."

Entrance into We Day was free to all students who had done one local and one global action over the last year through We Day's We Act program.



Actor/activist Martin Sheen talks to reporters after speaking at Wednesday's We Day 2013 at MTS Centre. SHANE GIBSON/METRO

We365

We Day hits web with app

As thousands of students from across Manitoba converged on the MTS Centre Wednesday for the third annual We Day and hundreds of thousands more take part across Canada, the U.S. and now England, the event's co-founder says the movement is going mobile.

Craig Kielburger, who started Free the Children 18 years ago with his brother Marc, told media the charity's We Day initiative now has a free app and website.

"Think of Facebook meets LinkedIn, but for a charitable cause," he explained.

The app, called We365, lets users track their volunteer activities, provides tools for fundraising and connects users with others doing the same thing.

The app can be downloaded at we365.com.

Pre-Halloween diet

Assiniboine Park Zoo's lion Bhanu gets ready on Wednesday to carve his jack-o'-lantern for Halloween. Zoo officials gave several of their animals, including Hudson the polar bear and the snow leopard cubs, gourds and pumpkins to play with. COURTESY ASSINIBOINE PARK ZOO

Death inquest

Brian Sinclair obviously needed help: Witness

A woman who was in a hospital where a man died during a 34-hour wait for treatment said it was obvious he needed help.

Lakhwinder Pannu told an inquest into the death of Brian Sinclair on Wednesday that she took her daughter to Winnipeg's Health Sciences Centre on Sept. 19, 2008 — the same day Sinclair came in.

Sinclair smelled of urine and obviously needed some attention, she said. But Pannu didn't tell anyone about his condition, she said, because she was afraid nurses might get irritated and take it out on her daughter. THE CANADIAN PRESS

Police headquarters

Council kept in the dark on costs

A city councillor is voicing her concerns over the level of transparency surrounding the alleged ballooning cost of a new police headquarters in the city.

Coun. Paula Havixbeck said city leaders learned nothing from a recent controversy surrounding the fire hall audit after it was announced on Wednesday that a briefing on cost overruns on the new police headquarters at the former Canada Post building on Graham Avenue would be for Mayor Sam Katz's executive policy committee alone, with other council members and the public being briefed later in the week.

JOHN TOWNS/FOR METRO

11-year-olds in hospital

Driver may not have seen girls before crash: Cops

Two 11-year-old girls are in stable condition — though one of them is also critical — after being hit by a vehicle on Bishop Grandin during the noon-hour on Tuesday.

Police said the pair was crossing the eastbound lanes of Bishop Grandin at St. Anne's Road at around 12:30 p.m. when they were struck by a Toyota Sienna.

The 57-year-old male driver was going at or near the 80 km/h speed limit, police said Wednesday, noting that they don't consider speed, alcohol or distracted driving to be factors in the collision.

JOHN TOWNS/FOR METRO

Arson charge. 12-year-old accused of setting blaze that could cost up to $1M

A 12-year-old boy is facing charges of arson and possessing incendiary material after a culvert fire underneath Portage Avenue wreaked havoc with afternoon commuters.

The fire was started Tuesday afternoon at about 1:40 p.m. inside the north end of a large culvert at Portage Avenue and Albany Street, spreading quickly to the lining of the culvert, which consists mainly of poly and foam material, police said Wednesday morning.

Damage from the fire is currently estimated in the $500,000 range, but police spokesman Const. Jason Michalyshen stressed the estimate is preliminary.

"Part of the roadway is going to be out of commission for a period of time, and further assessment is going to be required as to the safety of the road and the culvert, so the estimates could easily rise to double that," he said.

The 12-year-old suspect was quickly identified by police and was arrested a little more than an hour after emergency crews had been called to the scene at a "school not too far away," according to Michalyshen, who added the suspect did have "an item that would easily start a fire" and was not previously known to police.

No matter the age

"Whether we have a 12-year-old or we have someone older committing offences like this, it's concerning. They put everyone at risk."

Police spokesman Const. Jason Michalyshen

Michalyshen said police would now be looking at how to prevent the suspect from coming into contact with the police for something like this again.

JOHN TOWNS/FOR METRO

Hey, Santa: Bet I can get around the world in less than a night

The Winnipeg Santa Claus Parade announced Wednesday that the Grand Marshal for the 104th parade will be none other than Tim Hague Sr., who rose to fame along with his son, Tim Jr., as the winning team of The Amazing Race Canada. Hague, pictured above with Santa, Mrs. Claus and Alvin the Elf, will lead the parade in front of an expected 60,000 spectators down Portage Avenue on Nov. 16. JOHN TOWNS/FOR METRO

Polo Park Shopping Centre

Province to get first look at H&M style

Fashion retailer H&M is coming to Winnipeg, opening a 25,000-square-foot store at Polo Park Shopping Centre next fall.

H&M, which stands for Hennes & Mauritz Inc., is a well-known global brand.

The Polo Park store will be its first in Manitoba and its 68th in Canada.

Toni Galli, country manager of H&M Canada, said in a press release that the Winnipeg store is part of their "continued expansion in the Canadian market."

"We have been waiting for a great location in Winnipeg and are very happy to have found one at Polo Park," Galli added.

METRO

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Cheeky! Embattled Mike Duffy stars in a new Senate song and dance

A radio station in P.E.I. has made a parody song poking fun at their Senator Mike Duffy's recent speeches in the expenses scandal.

Remixing the popular song What Does The Fox Say? morning host Matt MacLeod of P.E.I.'s Hot 105.5 put together a spoof song called What Does The Duff Say?

The song uses clips from Duffy's Senate remarks such as, "I was ordered by the prime minister to pay the money back," as the melody and beat of the original song play in the background.

A voice chimes in as the chorus singing, "What does the Duff say?"

MacLeod borrowed clips from the radio station's newsroom to do the remix.

The station's program director, Myles MacKinnon, said P.E.I. has about 140,000 residents, for whom Duffy's expenses saga is "the best reality TV you can imagine."

"We're having a lot of fun with it. We know it's a serious thing, but our job is to have fun with it," MacKinnon said Wednesday.

The Fox (What Does The Fox Say?) is a dance music video by Norwegian duo Ylvis that has been viewed about 175 million times.
YOUTUBE/SCREEN GRAB

Senators are looking at a motion that would see Duffy, Pamela Wallin and Patrick Brazeau suspended from the red chamber.

But a vote on the motion, appears to have been put off until Friday.
TORSTAR NEWS SERVICE

Just right for the winners' podium

Will this be a winning look in Sochi? Curler Cheryl Bernard and skier Jan Hudec give Canadians the first glimpse of the styles our athletes will wear at the 2014 Winter Olympics. As always, the patriotic designs flaunt Canada's colours, as well as imagery of the polar bear, beaver and loon. The Hudson's Bay Co. — the official outfitter — helped unveil the uniforms in Toronto on Wednesday NATHAN DENETTE/THE CANADIAN PRESS

Halloween howls

Her trick won't be a treat for chubby kids

It won't be a very happy Halloween for some children in Fargo, N.D.

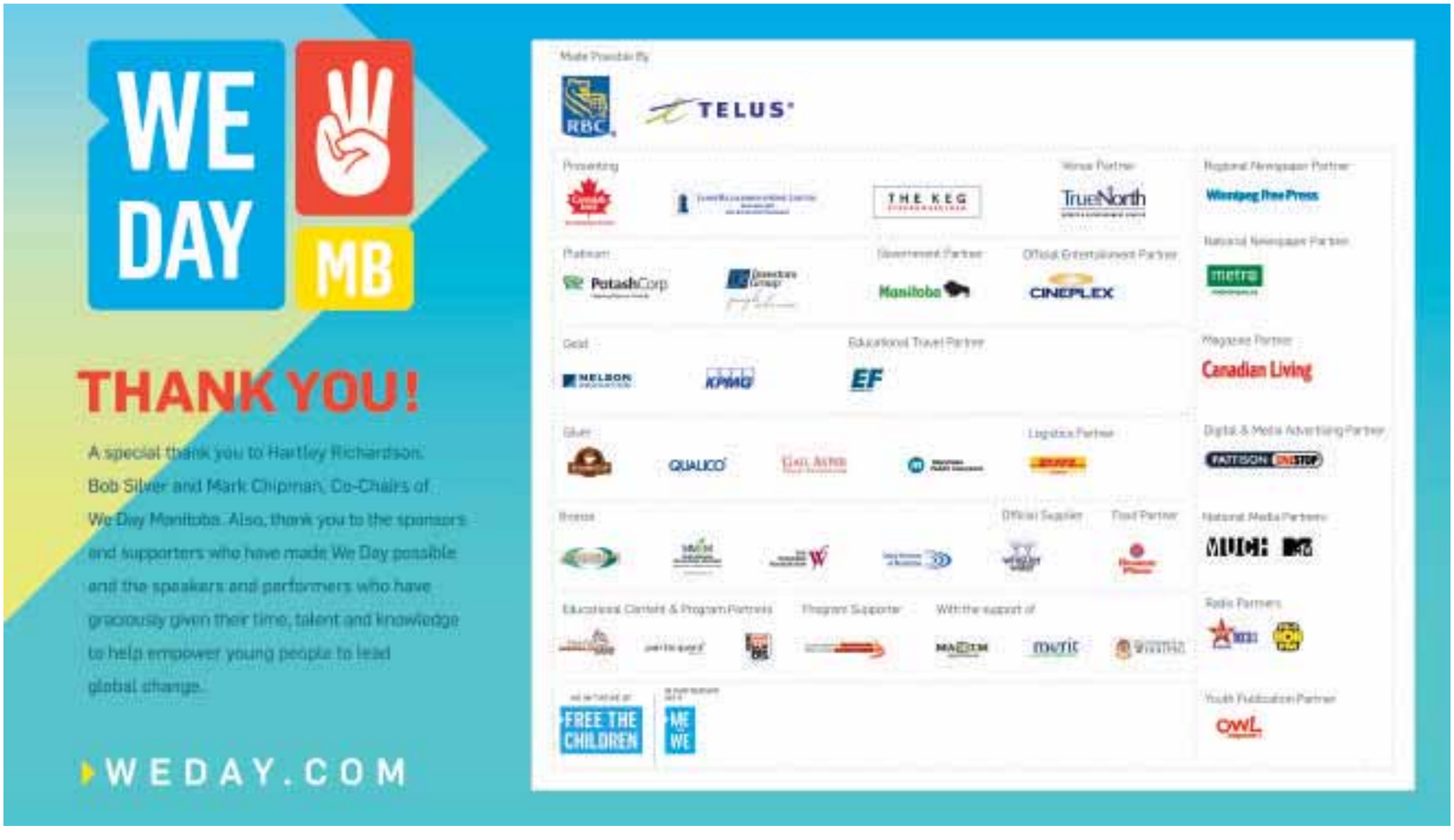
A woman who identified herself as "Cheryl" told a morning radio show she plans to dole out "fat letters" to "moderately obese" trick-or-treaters Thursday night to inform them of the dangers of being overweight.
METRO IN BOSTON

Tax fraud shocks

Feds misplace laptops ... and millions of $$$

Hundreds of weapons, BlackBerrys, laptops and iPads have gone missing, according to the federal government's annual accounting of its property.

The lost items are highlighted with millions in tax fraud losses.
THE CANADIAN PRESS


WE DAY
MB
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Former News International chief executive Rebekah Brooks arrives at the Old Bailey court for the phone-hacking conspiracy trial Wednesday in London, England. DAN KITWOOD/GETTY IMAGES

Phone-hacking a 'conspiracy'

News of the World.
Prosecutor opens the long-awaited trial by saying it's inconceivable top execs didn't know about eavesdropping

A prosecutor said Wednesday that there was "a conspiracy which involved a significant number of people" to hack phones at the Rupert Murdoch-owned News of the World, revealing that three senior journalists at the now-defunct newspaper have pleaded guilty to illegally eavesdropping on voicemails.

Opening the long-awaited hacking trial of former News of the World editors Rebekah Brooks, Andy Coulson and others, prosecution lawyer Andrew Edis said hacking and other illegal activity at the paper and its sister tabloid, The Sun, went on for a decade. He said it was inconceivable that the top executives didn't know about it.

"They were in charge of the purse strings," Edis said, adding that they signed off on illicit payments.

"Mrs. Brooks personally approved nearly 40,000 pounds for stories" to a senior defence official, Edis said.

THE ASSOCIATED PRESS

Background

The trial stems from the revelation in 2011 that News of the World employees eavesdropped on the voicemails of celebrities, politicians, crime victims and others.

- The scandal led Murdoch to shut the 168-year-old newspaper and spurred wide-ranging criminal investigations.

UN report

'Childhood must never be derailed by motherhood'

Teen pregnancies in the developing world are declining, but more than 7 million girls under 18 still give birth each year and suffer drastic consequences, a UN report said Wednesday.

"Childhood must never be derailed by motherhood," the report said, calling for greater efforts to end child marriage and more action on gender equality.

THE ASSOCIATED PRESS

Do your work, don't twerk.
Dance shakes its butt onto school's forbidden list

One Southern California high school has added twerking to its list of dances that are banned for students.

The Orange County Register reports Tuesday that administrators at Aliso Niguel High School decided the rump-busting dance is sexually suggestive and should no longer be allowed on campus or at dances.

Twerking now joins "freaking" and "grinding" as prohibited dances at the Orange County school. Those who break the rules could be ineligible for future dances for the remainder of the school year. Parents also will be notified.

THE ASSOCIATED PRESS

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Bungled bundles. Gov't looks to clear up unclear TV, phone and web bills

The Manitoba government is considering new rules to clarify the cost of cable television, telephone and Internet services.

Consumer Protection Minister Ron Lemieux says some people have complained about unclear bills, or rates that jump after a few months' discount.

The province's consumer protection office is launching public consultations on what new rules may be needed.

Topics include bundled pricing for multiple services and penalties for cancelling service.

THE CANADIAN PRESS

Have your say

The Manitoba government is looking for your opinion. Members of the public can share their thoughts on bills for TV, phone and the Internet at: www.gov.mb.ca/cca/cpo/cable—tv—public—consultation.html

Market Minute

DOLLAR 95.38¢ (-0.13¢)

TSX 13,455.33 (+14.72)

OIL $96.77 US (-$1.43)

GOLD $1,349.30 US (+$3.80)

Natural gas: $3.64 US (no change)
Dow Jones: 15,618.76 (-61.59)

Lenovo's new pretty pitchman and, um, 'product engineer'

Actor Ashton Kutcher, who has made a career playing male bimbos, is now a "product engineer" at Lenovo. MICHAEL KOVAC/GETTY IMAGES FOR LENOVO

Ashton Kutcher. The model turned actor, best known for playing a dim hunk on That '70s Show, is now an 'engineer' for a computer company

Computer-maker Lenovo has hired tech-savvy actor Ashton Kutcher to help design and pitch its latest line of tablets, dubbing the Hollywood star a "product engineer" who can bring his ideas along with his image.

It's the latest tech foray for the Two and a Half Men performer who recently starred in a biopic about innovative giant Steve Jobs and has invested venture capital in more than a dozen Silicon Valley startups.

The deal was announced Tuesday at a Lenovo live-streamed event in Los Angeles. Lenovo's first video advertisements for the new Yoga Tablet feature Kutcher acting as a product tester in his boxers, a spacesuit and aboard an airplane.

The company said Kutcher will do more than just advertise.

Kutcher — who in recent years has appeared in ads for snack chips and cameras — said of Lenovo, "Entrepreneurship is part of their DNA, and I couldn't ask for a better fit."

THE ASSOCIATED PRESS

He'll be at a cubicle 9-5 then?

"This partnership goes beyond traditional bounds by deeply integrating him into our organization as a product engineer as we look at developing the next wave of products."

Lenovo spokesman David Roman

Takes effect Friday

Boss a bully? New legislation protects workers in B.C.

The agency dedicated to protecting the safety of about 2.2 million workers in British Columbia is not going to bully the province's employers into implementing new rules that deal with workplace harassment, says a senior executive.

Instead of taking a "heavy-handed approach" to enforcement, WorkSafeBC will consult with employers to ensure they follow changes to the Workers Compensation Act that take effect Friday.

Robyn Durling, spokesman for the non-profit society BullyFreeBC, said the policies will also help educate the public that bullying is not acceptable, noting that as many as 30 to 40 per cent of workers in some Canadian and U.S. jurisdictions have reported being bullied in the workplace.

"Employers cannot just kind of let it go and say, 'Well it's just boys being boys. That's just kind of what happens in the workplace,'" he said. THE CANADIAN PRESS

'Peak trash' coming

In 2120 we may be tossing at least 11M tonnes of trash daily

Forget about peak oil. An Ontario researcher says the real concern facing the planet should be peak trash.

"Solid waste is an incredibly useful proxy for total global impact," said Daniel Hoornweg of the University of Ontario Institute of Technology, who published a commentary on the issue in Wednesday's edition of the science journal Nature.

"We're on track to triple the impact — the global damage — to the planet."

Just as peak oil theorists suggest that oil production will eventually reach a maximum, Hoornweg says the same thing will happen to trash. But even if significant measures are taken to curb global resource consumption, that point isn't likely to be reached until all the way out to some time between 2110 and 2120. That will be well over 11 million tonnes of trash, every single day.

THE CANADIAN PRESS

From Kmart to yoga wear

Lululemon gets new product boss after sheer-pant debacle

Lululemon Athletica Inc. has named former Kmart Apparel president Tara Poseley as its new chief product officer, a key position for the Vancouver-based fashion retailer.

Poseley will oversee global merchandising and design strategy for Lululemon, which is working to overcome a rare misstep related to quality problems with its black Luon yoga pants.

She will work with Lululemon's design team and report directly to the company's chief executive officer, a position still held by Christine Day.

Lululemon is still searching for a new CEO after Day announced in June that she intended to step down once a successor is named.

Day's announcement followed the departure of chief product officer Sheree Waterson in April after the company was forced to recall its Luon pants because some turned out to be see-through.

THE CANADIAN PRESS

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WHAT'S NOT TO LOVE ABOUT THE SEAT?

HE SAYS

John Mazerolle
metronews.ca

I've bought new furniture all by myself for the first time, and I think it's safe to say after years as a stereotypical bachelor, I'm all grown up now. And not just a grown-up — a family man.

I'll explain.

All my previous big-ticket purchases have been nothing but big tickets (plane trips, concerts, hockey games), so I was a little intimidated when I started reading online advice about buying furniture. The tips said this was a Big Life Decision; it was all about strength and style and "what's most important is what's on the inside."

They made it sound like I was buying people — a brand-new family. This was disconcerting. If it was true, then my existing furniture had been a ragtag group of has-beens and ne'er-do-wells.

There was the sad little orphan coffee table, left over from my failed marriage. You could almost hear it coughing from the dust.

There were two yellow-green chairs that were still living in the past.

There was my $299 mattress, which had done its duty for a decade but had passed on some time ago. It received a martyr's funeral, carried out of the apartment on my shoulders while I sang its praises. I fired no weapons though, because the landlord doesn't like holes in the wall.

Most prominently, there was my love seat. You know those celebrities like Clint Eastwood and Dave Hodge where you think, "Geez, they were old when I was a kid." That was the love-seat, which was dug out of my dad's baby barn after spending a lifetime in my grandmother's house. It was already dead, really, but we Febrezed it back to life (defebrezulated?) and its elderly frame hunkers in my apartment still.

It's not a stately old maid either. It's more like the type of senior who tells you about that time she slept with Leonard Cohen, then coughs into a tissue and sticks it into her bra. The upper left corner is tearing. I guess that's bursitis.

Faced with this lot, I decided I would live the dream of so many and replace my family. I started with a new bookcase and a new bed, grabbing both from an adoption agency called Ikea.

The family looks really good, I think, and fits well into my life — partially because of my keen eye for this sort of thing, partially because I haven't taken them out of their boxes yet.

I've heard a lot of horror stories about rushing into family life, so I thought I'd build myself up to it. It's natural. The new bed should be created in nine months or so. You'll know when it happens. Expect lots of profile pics on Facebook.

ZOOM

More smiles than spooks

MATT KIELTYKA/METRO IN VANCOUVER

B.C. resident shows off big pumpkin

Vancouver resident Chuck Kokol has a pumpkin display every Halloween outside his heritage home. Neighbours say he's outdone himself this year with this mammoth, which weighs more than 700 pounds and took a carver six hours to create.

MATT KIELTYKA/METRO

Picture perfect

"I wanted a children-friendly face, a happy Halloween. I see Halloween is going to the extreme in the other way, but I do our show with just pumpkins. I believe it's a beautiful effect." Chuck Kokol

'It looks like a UFO landed'

Sporting a mile-wide smile (actually more like four feet) and standing up to shoulder-height on most people, Kokol's cheery jack-o'-lantern comes in as one of British Columbia's biggest pumpkins.

Seven hundred watts of lighting have been installed and Kokol is ready for the big day.

"At nighttime, it's just an amazing glow. It looks like a UFO landed and it can been seen from up the block," he said.

Kokol got the gargantuan pumpkin from a grower in Langley, B.C. after it completed its career on the contest circuit, featuring in shows in Portland, Ore., and Cloverdale, B.C.

MATT KIELTYKA/METRO

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

If only you could figure out what to buy the person who has everything. And if only you could do a good deed while you're at it. Introducing (you guessed it), IfOnly.com. The site connects sports, music, film and lifestyle "luminaries" with every day folk — well, everyday folk who have fancy gold cards. Celebrities are putting on offer their time in exchange for a cash money donation to a charity of their choice. Experiences and items range from $35 to more than $100,000. Here's a sample of what's on offer:

$35:
The least expensive item on If Only includes a guitar pick signed by Soundgarden's Chris Cornell. Maybe not the most exciting option (unless you know a die-hard Soundgarden fan) but the money is for a good cause: The kids.

$2,000:
Not only do you get red-carpet passes to Joseph Gordon-Levitt's directorial debut Don Jon, in the U.K., you also get to walk the red carpet with him and co-star Scarlett Johansson.

$78,600:
Watch a boxing match with a boxing legend. Begin the day eating lunch with Mike Tyson and follow it up with a 'big-time' boxing match sitting ringside with the boxing great (background check required).

GETTY IMAGES

Twitter

@metropicks asked: Almost half of B.C. believes in ghosts — and Metro's Paul Sullivan isn't impressed. Do you believe in #ghosts?

@igor_mariano: I don't believe in them, ghosts are usually big liars

@Canucklehead_ca: I don't even believe that 'ghost peppers' are a real thing. What's next, ghost towns?!!!

@singh_amna: of course!!

@TimothyPRylett: Yes Ghost towns Do Exist, Have you been to Detroit? LOL

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

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SCENE 2

Slayer is still killing it

Twelfth studio album. The band lost a founding member this year, but that's not stopping the dark noise

BACKSTAGE PASS
Jared Story
winnipeg@metronews.ca

Despite the recent death of guitarist Jeff Hanneman, Slayer are back out on tour. CONTRIBUTED

Slayer's still reigning.

The legendary American thrash metal band was dealt a major blow earlier this year, when guitarist and founding member Jeff Hanneman died of liver failure on May 2.

However, guitarist Kerry King says the band is in the process of making a new record, Slayer's 12th studio album since forming in Los Angeles in 1981.

"To me, it will be business as usual as it can be," says King, 49, who is joined in Slayer by vocalist/bassist Tom Araya, drummer Paul Bostaph and touring guitarist Gary Holt.

"Usually by the time any idea was presented, I'd have finished it or Jeff would have it finished, so they were essentially finished songs. We'll just move forward like that.

"Musically, I'm sitting on roughly 14 tunes that we can pick from and I've finished seven of those lyrically. I'm way ahead of the game compared to where I was for World Painted Blood (the band's 2009 album)."

Slayer's all about staying the course.

Since finding its form on 1986's Reign in Blood, the band has consistently released records full of fast tremolo picking, double bass drumming, shouted vocals and lyrics so sinful they could make Satan himself blush.

"Fans don't want you to change," says King.

"How many fans do you think Metallica pissed off when they did Load and Reload? People like Slayer because it's Slayer.

"You grow as a musician within your genre, not try and flip genres and become something else."

Still, with the death of Hanneman, there are questions, like will Holt — who is also the lead guitarist in Exodus — play guitar on the new Slayer album?

"I've told Gary that I'd like him to play some leads, just to keep it interesting," says King.

"We've always been a two guitar attack, so if you're looking to have a segment like the Angel of Death lead trade-off, you can't do that with one guitar.

"As far as Gary being a contributing writer, number one, fans aren't ready for it, and number two, that's like throwing somebody to the wolves.

"I think if there's another record after this one and Gary is still with us at that point, I think that will be a time where I say, 'Hey dude, feel free to throw any riffs my way if you're interested'."

Slayer plays the MTS Centre on Thursday, Nov. 7. Gojira and 4arm open. Tickets are $65.50 to $54.75 at Ticketmaster. Showtime is 7:30 p.m.

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From the Oscars to Las Vegas lounges

Last Vegas. Mary Steenburgen holds her own in a cast of fellow former Academy Award winners in this comedy about a final hurrah

MATT PRIGGE
Metro World News in New York

Last Vegas, which boasts a singing Mary Steenburgen, opens this Friday. CONTRIBUTED

Last Vegas stars Michael Douglas, Robert De Niro, Morgan Freeman and Kevin Kline. If that weren't enough Oscar winners for a light comedy, there's a fifth: Mary Steenburgen, who plays a lounge singer who catches the eyes of the characters played by Douglas and De Niro.

Steenburgen, who won best supporting actress for Melvin and Howard in 1980, has, like her character, found herself drawn to music in her middle age: Since 2007, she's also a songwriter, who wrote a song her character performs in the movie.

Not everything in the film was shot in Vegas. How was it shooting the scenes that were?
It was sort of a three-ring circus, in that every scene there had about 10 people deep, all around us watching us and taking our pictures with cellphones and yelling at us. You can try to control Vegas, but it can only be a little bit controlled.

It seems like everyone was just having a good time, with some work slipped in.
I think a lot of it is just the pleasure of a great job at this age and not worrying about what's coming next, who's got bigger billing — all the crap people worry about; especially when you're younger. Funnily enough no one had worked together. The only two people who had were Kevin and myself, who had done a couple scenes together in a movie a long time ago (Life as a House in 2001). We just savoured and sat around telling amazing stories about our early days in New York, theatre stories, talking about our kids…

By now, you're probably not exactly intimidated by working with actors. But were you a bit scared with Robert De Niro?
Was I slightly awed by him? Yes. Did I feel like I was about 16? Yes. But he recognizes the truth, which is that comedy is more difficult than drama. One of the main reasons I fell in love with my husband (Ted Danson) is how graceful he made it look as an actor. You can't be taught funny. I think years ago, when (De Niro) did Analyze This, I saw him from afar catch the fever.

The film is a comedy, but it does deal with serious issues.
It talks about aging in a funny way. My husband and I laugh about it all the time. Parts of it break your heart, because none of us wants to exit the planet. I think that's what's cool about my character. Some things have ended for her: Her marriage ended, her time as a mother ended. And she decided to go for a dream she always had, even if she's singing in a lounge with two people, and both are on ventilators. But she would keep on singing, because singing is what brings her joy. I understood that. I had a parallel to that in my life. Seven years ago I started writing music. I stared down being a beginner and being bad and making a fool of myself, and started all over at something I really never imagined I'd do.

Back to music, can you talk about your segue into a career writing music?
I had a surgery on my arm in 2007. And it was a minor surgery but I had to go under general anesthetic. When I came out from underneath it, I felt very strange, and I kept saying I had a reaction to my anesthetic. I kept drinking water, trying to get it out of my system, and I kept feeling so odd. I felt like there was a radio in my brain. Everything was kind of musical.

It was very confusing and eventually when it hadn't gone away after a number of days, it became upsetting, terrifying. I couldn't sleep at night. After a few weeks I looked in the mirror and thought, "Look, you're a mother, you're a wife, you're a daughter, you're a sister, there's a lot of people who count on you, and you cannot go crazy (laughs). You better figure out how to make this work for you."

So I started studying music and composition and great songwriters. I went back and revisited songs that I loved that I never paid attention to, to study how they were written. Then eventually I started to take the fragments of what I was hearing and the songs out of them, and then I picked out a musician I respected and I said, "I don't have the greatest voice but if I sing this note for note for you, can we make music together?" We did it, and I sent 12 of the songs under my mom's name to a very wonderful music lawyer, who said, "Let me see that kid." And manager said, "Yeah, 'kid' doesn't quite describe her." And now I write for Universal Music.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Tori Spelling. ALL PHOTOS GETTY IMAGES

Desperate housewife: Tori spells it out in sixth memoir — she's got a sex tape

Tori Spelling admits that there's a sex tape featuring her and husband Dean McDermott floating around out there, though it's been a couple of years since she's heard about it. According to Spelling's sixth memoir, Spelling It Like It Is, she and McDermott were looking to spice things up in 2009. "Dean said, 'We should tape ourselves having sex,'" she writes. "He had a little portable tripod, and he set up his video camera on it. Afterward, I checked my angles and they were good, so I allowed him to keep it." Apparently a former friend of the couple snatched it off their home computer and attempted to sell it two years later. "I was horrified," Spelling writes, explaining that they sent the man a cease and desist letter. "We never heard from him again, and the incident went away."

Lohan's sobriety = partying till the break of dawn

October apparently hasn't been an easy month for Lindsay Lohan's fledgling sobriety.

The troubled starlet has been spending a lot of time at bars, clubs and parties this month, and she's reportedly fallen off the wagon when it comes to booze, according to Star magazine.

"She was definitely drinking alcohol. She got increasingly sloppy as the hours went on," a source who spotted Lohan at a party in L.A. last week tells the magazine.

"At one point Lindsay was literally hanging onto a couple of her friends, like, they were holding her up."

She's also reportedly been sneaking vodka cocktails at bars in New York, and she partied till dawn at "an alcohol-fuelled bash" in Hollywood with Paris Hilton and Miley Cyrus recently.

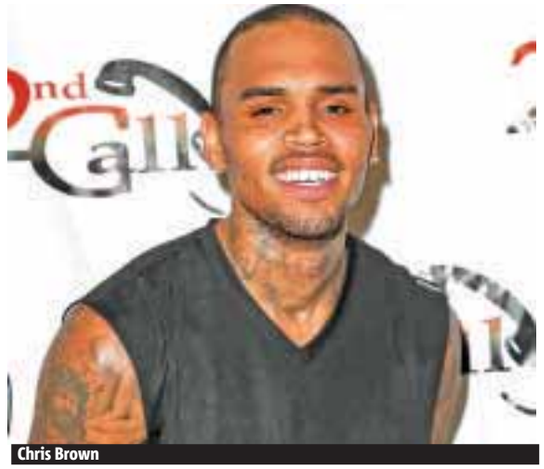
"Lindsay arrived around 3 a.m. and was still there when dawn was breaking," a source says. METRO

Twitter

@AnnaKendrick47
Oh hello again 4am, you whore.

@tyrabanks
My tablet got too hot to handle so I made her take a chill pill in the fridge. Hope she's not claustrophobic.

@jimmykimmel
note to every LA news channel — unless they're in a zoo, all bears are "on the loose"



Chris Brown

Chris Brown off to rehab for anger management

Chris Brown has checked himself into rehab for some anger management issues just a day after appearing in court over charges he assaulted a man outside a Washington, D.C., hotel. "Chris Brown has elected to enter a rehab facility," his rep says in a statement. "His goal is to gain focus and insight into his past and recent behaviour, enabling him to continue the pursuit of his life and his career from a healthier vantage point."

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Take Kerr of yourself and your best will surely follow

She's starting with the model in the mirror. One of Australia's most magnificent imports spills her style, beauty and wellness tips

TINA CHADHA
Metro World News in NYC

Days before she walked the runway at Stella McCartney and Chanel's Spring 2014 Paris Fashion Week shows, we met up with Miranda Kerr at the chic rooftop of the Gramercy Park Hotel. There, the star of Mango's new grunge-inspired fall campaign talked about her fave looks from the '90s ("An oversized blazer, ankle boots and leather jacket with studs") and let us in on her style and beauty essentials.

"Be good to yourself and then you'll be able to give a lot more to your family, to your friends and to your work," says Miranda Kerr. CONTRIBUTED

You always look so well put together. How would you describe your look?
I try to go for classic and effortless and experiment a little bit depending on my mood. I like functional clothes especially, because now I'm a mom and go to the park. But when I go to work, I enjoy putting on a heel and embracing that feminine side.

How has your personal style changed since becoming a mom?
I keep it more practical now. It's all about fabrics that don't crease because I'm always holding (my son. Flynn) always wants to be in my arms or swinging on swings. I think comfort is important and wearing fabrics that make you feel good and accentuate the parts about yourself that you like. It's not necessarily about following a trend, but finding pieces that work with your body type.

You live in New York now. Talk to us about closet space.
It's not enough! But it's good because I've gotten rid of so much stuff I actually feel lighter. I have three little closets that I try to squeeze everything into. I've stripped it back to the basics and gave at least a room full of stuff to my friends and charity. I've also learned to maximize space. Now, I fold my jeans so they sit up, so when you open the drawer you see them.

If you were travelling and could only pack a small bag, what would go in?
A great pair of jeans that fit well, a blazer, a couple of T-shirts, a pair of loafers, a scarf and a hoodie — and one little black dress. I always pick up scarves at the airport, like airports in Asia, because it's not what you normally see. You'll find something different there.

You know how to rock a red lip. What are some of your beauty tips?
If I'm tired I just put on a red lip and sunglasses and it's a simple and effective way to uplift the face — just add a splash of colour. Sometimes I'll use a bit of the lip colour on my cheeks so I look a bit more alive — like the blood is pumping, the circulation is going. I also apply my KORA Organics lip balm to highlight my cheekbones. It makes you feel fresh.

You're a certified health coach. Any new healthy habits you've incorporated?
I have hot water and half a lemon in the morning. It's a very simple tip that cleanses the digestive system when you wake up and it really kick-starts your metabolism. Then I have a cold pressed green juice, like kale, spinach and celery with lemon, and then I have a smoothie that I make myself. I think it's really important to have a balance in life and fill your body with nutrients when and where you can, but then also know that you're a human being and you can't be too hard on yourself. I try to be 80 healthy and 20 per cent indulgent. I just don't believe in depriving yourself because life is short and we're here to enjoy it.

Read her lips

Revlon ColorStay Ultimate Liquid Lipstick in Top Tomato, $10.99, revlon.com

Chanel Rouge Coco Shine Sheer Lipshine in Rebelle, $34, chanel.com

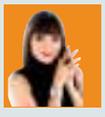
Ellis Faas Milky Lips in Dark Blood, $35, sephora.com

Drink up!

Kerr's smoothie ingredients

- Coconut water
- Chia seeds
- Goji berry
- Maca powder
- Spirulina
- Acai powder
- Noni powder
- Sun warrior protein powder

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

Look who's here! Just arrived in #Halifax for @AdsumforWomen benefit 2nite+had to swing by @BiscuitGeneral #BestStore

Fun fashion show @OceanstoneNS #JBWomensWeekend featuring @FashionTart @EDITbyJeanneB @MillsHalifax @TurbineFashion

Trends Report

- If you're fond of taking selfies, then you've most likely come across a "duck face" pic. Now another fowl has become the latest trend in bird-inspired selfies — the sparrow. Go online to Trends Report to find out what a "sparrow face" is and how to perfect it.

Tweet me your best sparrow face' selfie at @MetroIreneK

metronews.ca/voices/trends-report

Canadian street style

Spotted in: Toronto

Lila

Language teacher

What she's wearing
Joe Fresh black boots, Joe Fresh sweater, Joe Fresh jeans, black Zara blazer and glasses by Italian designer Alveiro Martini.

Her inspiration
"My sister. She is in love with fashion and is taking fashion design at Ryerson. I wear all of her clothing and look to her for style advice and fashion trends."

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ELLE 3

Make like Five, Seven and Two, and get to painting — hearts, not roses

Painted-Red Sugar Cookies

The queen's gardeners, Five, Seven and Two, painted roses red after accidently planting white ones. You'll paint two to three dozen cookies. JULIE VAN ROSENDAAL FROM ALICE EATS (WHITECAP BOOKS)

"If you make a mistake, don't lose your head," write Pierre A. Lamielle and Julie Van Rosendaal in Alice Eats of Five, Seven and Two's Painted-Red Sugar Cookies. "A little paint can fix it up and if that fails, brush up on your cookie-baking. It's more difficult to execute someone who has just given you cookies, so stack the deck in your favour..."

Ingredients

Cookies
- 1/3 cup (85 ml) butter, at room temperature
- 2 tbsp (30 ml) canola or other mild vegetable oil
- 3/4 cup (185 ml) sugar
- grated zest of a lemon
- 1 large egg
- 2 tsp (10 ml) vanilla
- 1 1/2 cups (375 ml) all-purpose flour
- 1 tsp (5 ml) baking powder
- 1/4 tsp (1 ml) salt

Paint
- 1 egg yolk
- a few drops red food colouring

To make the cookies

1. In a bowl, beat the butter, oil, sugar and lemon zest with an electric mixer until pale and light; add the egg and vanilla and beat for a minute, until smooth and blended.

2. In a small bowl, stir together the flour, baking powder and salt. Add to the sugar mixture and stir by hand or beat on low speed just until you have a soft dough. Shape the dough into a disc, wrap in plastic and refrigerate for half an hour.

3. When you're ready to bake, preheat the oven to 350 F (180 C). On a lightly floured surface, roll the dough out to about 1/8-inch (3 mm) thick. Cut the cookies into card shapes — or flowers, hearts, spades or a combination of shapes — and place 1 inch (2.5 cm) apart on a parchment-lined baking sheet.

Alice's advice

Egg-yolk cookie "paint" cooks dry and glossy and you have far more control with a paintbrush than an icing bag. Try making an entire palette of colours in small ramekins, adding a few drops of food colouring per egg yolk.

To make the paint

1. Put the egg yolk in a dish and add a few drops of food colouring. Mix with a fork until well blended. Use a small paintbrush to paint the unbaked cookies with the red "paint."

2. Bake for 14 minutes, until the cookies are pale golden around the edges and the paint is dry and glossy. Using a thin spatula, transfer to a wire rack.

RECIPES EXCERPTED FROM ALICE EATS (WHITECAP BOOKS) BY PIERRE A. LAMIELLE AND JULIE VAN ROSENDAAL

Cookbook of the Week

Alice's culinary Wonderland

The foods in Alice in Wonderland are instantly recognizable. In their book, Alice Eats: A Wonderland Cookbook, Pierre A. Lamielle and Julie Van Rosendaal answer questions like, "What would the treats at a Mad Hatter party taste like?"

Not only does the book feature recipes (Mock Turtle's Mock Turtle Soup, The Queen of Hearts' Jam Tarts and more), photos and illustrations but also the full text of the original Alice's Adventures in Wonderland by Lewis Carroll. METRO

No rabbit hole adventure is complete without Eat Me Cake

1. Preheat the oven to 400 F (200 C) and butter two 8-inch (20 cm) or 9-inch (23 cm) round cake pans.

To make the cake

1. In a large bowl, beat the butter and sugar for a few minutes, until pale and fluffy. Beat in the eggs and vanilla.

2. In a small bowl, stir together the flour, baking powder, baking soda and salt.

3. By hand or with the mixer on low speed, add the flour mixture to the butter mixture in 3 batches, alternating with buttermilk, beginning and ending with the flour and mixing after each addition just until combined.

4. Divide the batter between the pans and if you like, scatter blackcurrants overtop.

5. Bake for 25 to 30 minutes, until golden and springy to the touch. Invert onto wire racks to cool completely, then cut into small rounds or squares using a 1 1/2-inch (4 cm) round cookie cutter.

To make blackcurrant icing

1. Whisk all the ingredients together in a double boiler set over simmering water. When warm and smooth, remove from heat and set aside to cool for about 10 minutes.

2. Place the cut-out cakes on a wire rack and pour the icing slowly and evenly over them, coating them completely. If the icing cools and gets too thick, rewarm it a bit.

3. If you like, top with fresh blackcurrants and allow the cakes to set. Otherwise, let the icing set before writing on top.

This recipe makes 18 little cakes. To spell "Eat Me" on your cakes, put white icing in a plastic zip-close bag, snip a tiny end off a corner and squeeze the icing while writing. JULIE VAN ROSENDAAL FROM ALICE EATS (WHITECAP BOOKS)

Ingredients

Cake
- 1/2 cup (125 ml) butter, softened
- 1 1/3 cups (325 ml) sugar
- 2 large eggs
- 2 tsp (10 ml) vanilla
- 2 cups (500 ml) all-purpose flour
- 1 tsp (5 ml) baking powder
- 1 tsp (5 ml) baking soda
- 1/2 tsp (2 ml) salt
- 1 cup (250 ml) buttermilk
- 1 cup (250 ml) fresh or frozen blackcurrants (optional)

Blackcurrant Icing
- 4–5 cups (1–1.25 l) icing sugar
- 1/4 cup (60 ml) light corn syrup or golden syrup
- 1/4 cup (60 ml) water or blackcurrant concentrate
- 1/4 tsp (1 ml) vanilla

Kitchen trends with staying power

Every year we see new kitchen trends come and go. Like fashion, kitchen styles can change quickly, so it's important to only incorporate the ones you really love, knowing you can live with your decisions for a long time. This year we're seeing three trends that I think will stick around and are worth investing in.

DESIGN CENTRE
Karl Lohnes
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Left, Samsung's 30-inch French Door Refrigerator. Below, LG's Countertop Microwave with Oven comes with a warming drawer for food or plates.

1 Small-space solutions

Whether you have a teeny-sized condo kitchen or a large eat-in, family-style one, it's important to utilize every square inch of storage. Making the right decision on appliances is equally important.

I found the perfect, high-end-looking fridge that slips easily into any kitchen. It's got the features and looks of a high-end appliance, but boasts a regular price. The Samsung 30-inch French Door Refrigerator is finished with stainless steel — which is still a very popular choice for the kitchen — holds more food than any other fridge in its category and comes in at less than $1,500. Great visual value, more storage and a trendy finish wins me over!

Say goodbye to yesterday's microwave and toaster oven and hello to the Countertop Microwave with Oven from LG for $399. This model has a 1,400-watt oven drawer for warming food or plates, meaning it's a countertop appliance that you can use in many different ways.

2 Interesting accents

The personality in kitchen design is coming from natural sources like stone, marble and granite. Flooring, countertops and backsplash are all on-trend when getting their look from nature.

Well, how about some new products to help give us that look? From high-end to low-end, stone-like surfaces are trending in many ways. Caesarstone countertops are a man-made solid-surface material that started gaining popularity about 10 years ago. Until recently, most of the faux-stone styles have been in the form of a solid colour or speckled to emulate granite. But Caesarstone's Supernatural Collection creates a veined product that looks more like real stone or marble.

And on a DIY note, Canadian company Smart Tiles has designed a great-looking faux peel-and-stick tile that works perfectly on a backsplash (or any vertical surface that is not submerged in water). Starting at around $8 per square foot, this is a fun way to update your kitchen or bath without a long-term commitment. Their stone and stainless looks will fool the eye and add lots of character to your kitchen.

Delta's Trinsic Single Handle Pull-Out Faucet, $280, has a sleek European design and a lever handle that makes operation easier. It adds that modern industrial feel to your kitchen for much less than you think — faucets like this generally cost $500 and up.

Above, a countertop from Caesarstone's Supernatural Collection. Left, Smart Tiles' peel-and-stick tiles, thesmart-tiles.com, and Delta's Trinsic Single Handle Pull-Out Faucet.

Above, Whirlpool's Electric Range with True Convection Cooking from the White Ice Collection.

Below, KitchenAid's Variable Temperature Kettle in white.

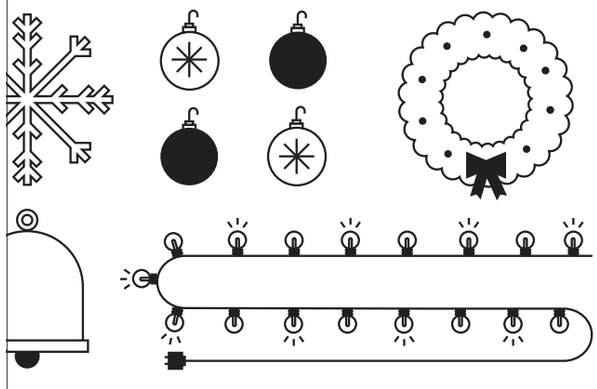
3 The return to white

The classic white kitchen is by far the biggest seller when it comes to cabinetry and appliances.

For a long time, we've seen wood-coloured cabinetry and black or stainless appliances gain favour. But white appliances are feeling fresh and new again with modern designs and a bit of stainless steel or chrome for sparkle.

Whirlpool has introduced the White Ice Collection and their Electric Range with True Convection Cooking, $1,199, offers clean design lines, streamlined controls, and an Aqua-Lift cleaning feature that allows the inside oven to clean itself in an hour or less (most self-cleaning ovens take three to six hours).

On a smaller scale, KitchenAid's Variable Temperature Kettle, $129, in white has modern touches that remind me of my favourite smartphone. It's got a large, 1.7-litre water reservoir and features a Keep Warm feature that's handy when you need to add some more hot water to the teapot.



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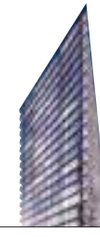
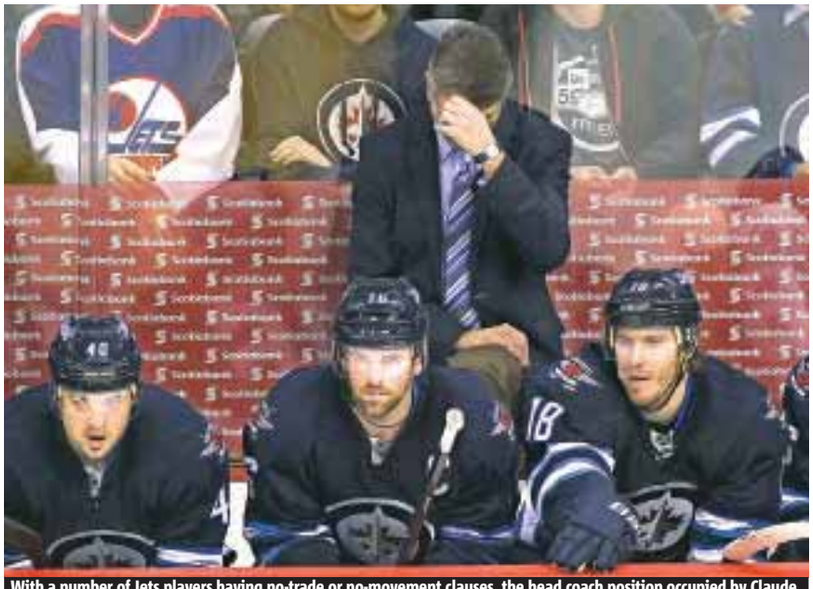


A new coach could clear Jets for takeoff

THE HOCKEY NEWS
Matt Larkin
winnipeg@metronews.ca



With a number of Jets players having no-trade or no-movement clauses, the head coach position occupied by Claude Noel is one area the team can change right now. MARIANNE HELM/GETTY IMAGES

There's no denying this Winnipeg Jets team is stuck in the mud, the picture of stagnancy. They've dropped from 16th in scoring to 22nd. They've climbed from 24th in goals-against average to 18th. Their atrocious power play is "up" to 30th from 27th. Their penalty kill has plummeted from 10th to 24th.

Add up the four ranks from last season and you get the number 74. This season: 81. The Jets appear to be grounded.

And I have to wonder if coach Claude Noel inadvertently sealed his own fate with a seemingly harmless quote the other day when asked about his team's power-play struggles: "The power play's getting old, but these are the same players we had last year."

On the surface, it makes sense not to blame Noel for the Jets' struggles. It's not like they made a litany of upgrades and are still struggling, so how can it be the coach's fault? Unfortunately, it doesn't matter. What matters is that the Jets have no choice but to blame Noel, deserving or not.

Signed through at least 2015-16: Blake Wheeler, Evander Kane, Bryan Little, Andrew Ladd, Mark Scheifele, Tobias Enstrom, Dustin Byfuglien, Zach Bogosian, Grant Clitsome, Jacob Trouba, Ondrej Pavelec. Of that group, Wheeler, Little, Ladd, Enstrom, Byfuglien and Bogosian have no-trade or no-movement clauses. As we've criticized before at THN, the Jets decided to lock up and pay handsomely a large group of players who hadn't accomplished anything collectively.

Pointing the finger

What matters is that the Jets have no choice but to blame (coach Claude) Noel, deserving or not.

The Jets' corps isn't going anywhere, so who does that leave? Noel. The good news is that sending Noel packing could save this team as early as this season — if it's done promptly.

There's something about the effect of a new coach on a young team when he sweeps in as a night in shining armour mid-season. Bruce Boudreau took over for a struggling Washington Capitals team 21 games into 2007-08 and went 37-17-7, guiding them to their first post-season of the Alex Ovechkin era. Dan Bylsma swooped in for Pittsburgh's final 25 games of 2008-09, went 18-3-4 and took the Pens to the Stanley Cup. Ken Hitchcock seized St. Louis' reins at the 13-game mark in 2011-12 and went 43-15-11.

A new coach brings new special-teams philosophies and may see things in certain players the previous bench boss didn't. Adam Oates thought to move Ovechkin to the right wing last season, for example. And the good news is the Jets have a legitimately talented group to mould, one with plenty of potential left to tap into.

If Winnipeg seriously wants to make the playoffs this season, it's time to make a personnel change at the one position it can right now: head coach.

Doping

Hesjedal 'chose the wrong path' as young cyclist

Star Canadian cyclist Ryder Hesjedal says he "chose the wrong path" after reports emerged Wednesday that suggested he was involved in doping.

Excerpts from a new book by former Danish rider Michael Rasmussen say Hesjedal was shown how to use performance-enhancing drugs at the start of his career.

"And even though those mistakes happened more than 10 years ago, and they were short-lived, it does not change the fact that I made them and I have lived with that and been sorry for it ever since," Hesjedal said in the statement.

Hesjedal did not explicitly say he took performance-enhancing drugs, but in the contrite statement he apologized to fans, sponsors and other cyclists.

THE CANADIAN PRESS

MLB

Red Sox send Fenway Park into frenzy with World Series victory

David Ortiz, Shane Victorino and the Boston Red Sox beat up on St. Louis's October ace Michael Wacha on their way to a 6-1 win in Game 6 and another World Series championship.

The slumping Shane Victorino lined a three-run double off the Green Monster in the third, and the cheers, chants and singing only got louder after that.

THE ASSOCIATED PRESS

Muamba nominated for three awards

Blue Bombers linebacker Henoc Muamba has been nominated for three CFL player awards. THE CANADIAN PRESS FILE

It's been a forgettable season for the Winnipeg Blue Bombers, but one to remember for Henoc Muamba.

On Wednesday, the third-year linebacker was unanimously named Winnipeg's nominee for the CFL's outstanding player, defensive player and top Canadian awards. Voting was conducted by the Football Reporters of Canada and CFL head coaches.

"It's just a testament to the hard work I've put in since I got drafted," Muamba said. "More than that, it's a testament to the guys around me as well.

"I really feel like I've been playing with some guys who've been helping me out a lot … I'm just happy and grateful to be in the position I'm in right now. It's definitely something I'll remember for a long time and I'm just looking to build on it and continue on from here."

The other outstanding player nominees are quarterbacks Ricky Ray (Toronto) and Henry Burris (Hamilton), running backs Jon Cornish (Calgary) and Kory Sheets (Saskatchewan) — the league's top two rushers — linebackers Chip Cox (Montreal) and Adam Bighill (B.C.) and slotback Fred Stamps (Edmonton), the CFL's leading receiver.

The six-foot, 230-pound Muamba, taken first overall in the 2011 CFL draft, has been a bright spot this season for Winnipeg (3-14). The former St. Francis Xavier star has 97 tackles, 18 special-teams tackles, a sack and an interception. THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
You don't need to do anything special today. Others will provide the entertainment, all you have to do is sit back and enjoy the good times. Some people may get emotional but you'll be in control at all times.

♉ Taurus
April 21 - May 21
Social activities will go well today and if you visit a place you have never been before, you will fun. Relationships too are under excellent stars, growing deeper and stronger.

♊ Gemini
May 22 - June 21
Few people get more enjoyment out of their daily activities than you. But family and financial issues still need to be dealt with, and quickly. That means today, not next week.

♋ Cancer
June 22 - July 23
There is a great deal of tension in your life right now and with Mars and Pluto strong today, it could reach a peak. The good news is once that peak is reached, you'll accomplish something truly remarkable.

♌ Leo
July 24 - Aug. 23
Sometimes you are too trusting and other times you are not trusting enough. Today, you'll be inclined to give someone who doen't deserve it the benefit of the doubt. Make sure it's not your money at stake.

♍ Virgo
Aug. 24 - Sept. 23
With action planet Mars in your sign allied to Pluto, planet of transformation, you should be aiming to change your life for the better. What is the biggest change you could make?

♎ Libra
Sept. 24 - Oct. 23
You will surprise a few people today. Those who had written you off as too cautious will be astonished to see how dynamic and daring you are — and a bit scared by your level of passion.

♏ Scorpio
Oct. 24 - Nov. 22
You will be on the move today and the people you meet and the things you see will open your mind to new possibilities. The way you look at the world will change completely over the next 24 hours. That's good.

♐ Sagittarius
Nov. 23 - Dec. 21
It is important that you focus on positive thoughts. If you let negativity to creep in, you'll convince yourself that life is against you when the universe really wants you to be happy.

♑ Capricorn
Dec. 22 - Jan. 20
Mars, planet of energy and ambition, will inspire you to do something beyond the call of duty. Whatever it is, you will make a great impression on people in positions of power.

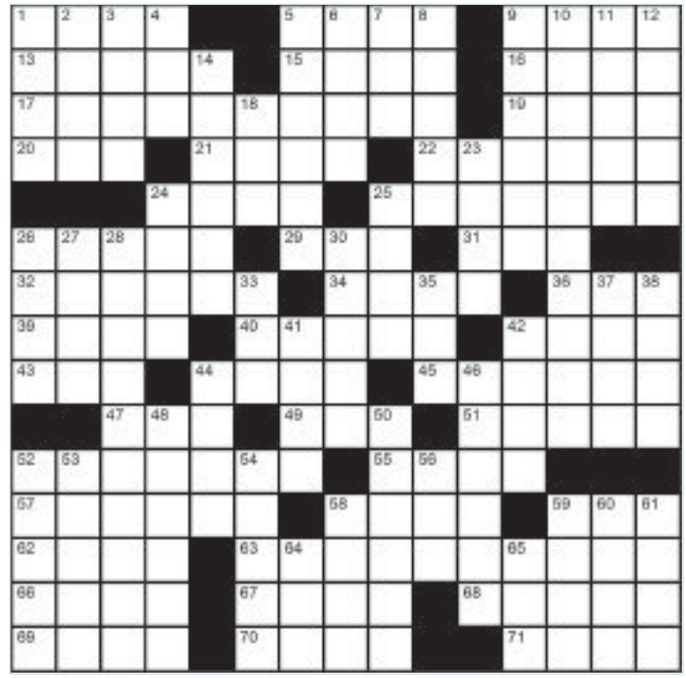
♒ Aquarius
Jan. 21 - Feb. 19
Everyone is born with a purpose and you are no exception, so find out what it is and then commit yourself to seeing it through to the end. Don't hide in the background where you cannot be seen.

♓ Pisces
Feb. 20 - March 20
You will be so excitable today but in a good way. It's as if you have swoken up to the fact that anything is possible and that what you desire most is the easiest thing in the world to possess. Get it! **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

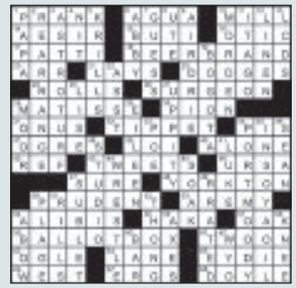
BY KELLY ANN BUCHANAN



Across
1. Halloween hit: "Monster __"
5. Large amount
9. Fight
13. Margarines
15. "_ __... _ Said" by Neil Diamond
16. Ireland
17. Full moon howlers
19. "Are you mad __ __?" ...queried the cold-shoulder-ee
20. Maiden name indicator
21. Roof's overhang
22. Delete
24. Not there
25. Cauldron stirrers
26. Aspect
29. Big TV brand
31. Sports official, for short
32. Struck with fright
34. Frost-covered
36. Strange
39. Twofold
40. Is forbidden to, quaint-style
42. Prior to, for short
43. 'Hallow' suffix
44. Droopy
45. Dracula author Bram
47. Trio of the Alphabet
49. And so on, shortened
51. __ up (Becomes more informed)
52. Frightful flick of 197666: 2 wds.
55. Applications
57. Scream!
58. Kind of agreement
59. "Yikes!!!"
62. Barenaked Ladies song
63. James Brolin/Margot Kidder thriller, "The __ Horror" (1979)
66. Bill of fare
67. Double affirmative, in Spanish
68. Composition
69. Units of work
70. All Hallows, and others
71.Writes

Down
1. Cut down, as grass
2. Sailing side
3. Bone dry
4. Tilling tool
5. What #17-Across don't like
6. Bat's hangout
7. Soul: French
8. Frisbee-shaped track-and-field thrown-things
9. Haunted house gathering
10. Accessories for devil costumes
11. Military force, in French
12. Film holders
14. Candies
18. Paddle
23. Take _ __ (Attempt)
24. Become better
25. Farm cart
26. Get dimmer
27. Flu symptom
28. Canadian horror starring George C. Scott, "The __" (1980)
30. Tales from the __ (Creepy comic book series)
33. "Stop over-sharing so many personal details!", briefly
35. Everest, et al.
37. "Groove Is in the Heart": 1990 dance music hit for __-Lite
38. Hook-ups for TVs
41. "Right on!"
42. Pea: French
44. Lemon's friend
46. Midnight, __ O'Clock
48. "You can't __ __ against our wishes!"
50. "Halloween" (1978) star, Jamie Lee __
52. Subject matter
53. Skills-sharpener
54. Obliterate
56. For example...
58. Bank of the __ at Auvers (Vincent van Gogh painting, oil on canvas, 1890)
59. "If all __ fails..."
60. Flair
61. Door openers
64. 1004 in ancient Rome
65. Web connector, for short

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

2						9		6
		7	5		1			
3					2			
		6					7	
	9	2	1	5	4	3	6	
	1					5		
			6					2
			3		9	8		
8		4						5

Yesterday's Sudoku

6	9	2	3	7	4	5	8	1
5	4	1	9	8	2	3	6	7
3	7	8	5	6	1	9	2	4
8	2	3	7	9	5	1	4	6
7	5	4	6	1	8	2	9	3
1	6	9	2	4	3	7	5	8
2	1	6	8	3	9	4	7	5
4	8	5	1	2	7	6	3	9
9	3	7	4	5	6	8	1	2

Weather

TODAY	FRIDAY	SATURDAY
MAX: 6° MIN: 0°	MAX: 6° MIN: -2°	MAX: 3° MIN: -1°

BT BREAKFAST TELEVISION

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- ARTIST ALLEY
- COSTUME CONTEST
- GAMING
- EXHIBITORS
- AND SO MUCH MORE - - -

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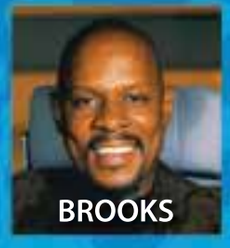
MARSTERS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